

SEPTEMBER 2017

MON

TUE

WED

THUR

FRI

Special Announcements

NOTE:
MILK VARIETY AND
FRESH/CHILLED FRUIT
SERVED DAILY

GET READY
FOR NATIONAL SCHOOL
LUNCH WEEK!
OCTOBER 9-13
squaremeals.org/nslw

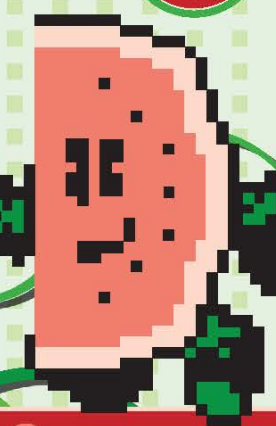
Ham and
Cheese
Croissant 1

9.4

Labor Day

<p>NO SCHOOL HAPPY LABOR DAY 4</p>	<p>Pancakes 5</p>	<p>Yogurt Parfait 6</p>	<p>Sausage Roll 7</p>	<p>Pancake Stick 8</p>
<p>Strudel 11</p>	<p>Baker's Choice 12</p>	<p>Hot Cereal 13</p>	<p>Sausage Biscuit 14</p>	<p>Cereal 15</p>
<p>Conchas 18</p>	<p>Cinnamon Rolls 19</p>	<p>Breakfast Burritos 20</p>	<p>Baker's Choice 21</p>	<p>Marranito 22</p>
<p>Muffin 25</p>	<p>Sausage Biscuit 26</p>	<p>Hot Cereal 27</p>	<p>Sausage Rolls 28</p>	<p>Waffles 29</p>

+200
+100
+50



Fun facts on back!



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



WATERMELON

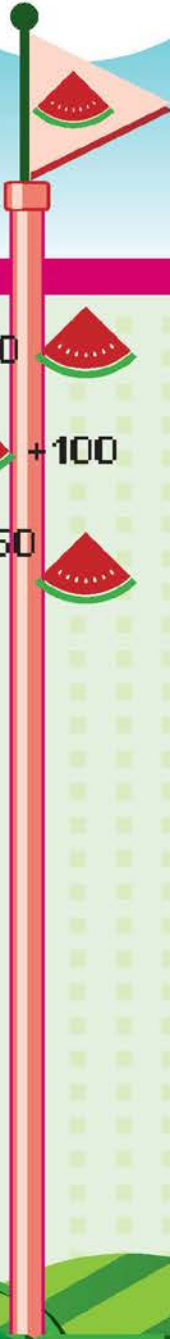
My name is Walter Watermelon. My brothers and sisters and I are round or oblong and have a smooth hard rind (thick skin), usually green with dark green stripes. I also have a juicy, sweet inside that is deep red to pink, but may sometimes be orange, yellow or white.



I may have many seeds or no seeds at all. Texas is ranked third in the country for growing watermelons, and we are the state's largest garden crop. You'll see us growing on long vines in patches, or large areas of a farm.



As a melon, we're part of the larger gourd family and cucumbers and squash are my cousins.



FUN FACT

Watermelon festivals are common in Texas, including the What-A-Melon Festival in Center, Texas; the Hempstead Watermelon Festival; and the Luling Watermelon Thump.

LAUNCH PAD

WATERMELON GROWING REGIONS

1. The High Plains
2. East Texas
3. Winter Garden
4. Rio Grande Valley



COLOR THE MELON

Alexandra's Refreshing WATERMELON SALAD

INGREDIENTS

- 1 cup fresh spring greens
- 1 cup fresh cilantro
- 1 cup fresh watermelon, cubed
- 1/2 cup red grapes, halved
- 1/4 cup walnuts, chopped
- 1/4 cup Feta cheese
- 4 whole-grain dinner rolls
- 2 teaspoons butter

PREPARATION

In a large salad bowl, mix all ingredients together. Arrange the salad mixture on a platter and serve with whole-grain dinner rolls spread with grass-fed butter, if possible. Enjoy!!!

Recipes courtesy of: www.whatscooking.fns.usda.gov



Joke of the MONTH

Q: When do you go at red and stop at green?

A: When you're eating a watermelon.